The "M&M" PLAN

WEEK 2:

MEMORIZE and MEDITATE on: Proverbs 3:5-6: ***"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your paths straight." (NIV)***

Day 1: MEDITATE ON: Proverbs 3:5-6

- As I meditate on this verse, what jumps out at me first?
- Which is more difficult for me – trusting God with my eternal salvation or trusting Him in the details of my daily life?
- What are some situations in which I might be tempted to "lean on my own understanding" instead of trusting Him?
- What are some ways I can better "acknowledge Him" in the daily routines of my life?
- What is my prayer today?

Day 2: MEDITATE ON: 2 Samuel 22:31: *"As for God, His way is perfect; the word of the LORD is proven; He is a shield to all who trust in Him." (NKJV)*

- As I meditate on this verse, what jumps out at me first?
- Do I truly believe His way is "perfect?" Do I ever doubt that?
- How has the word of the Lord been "proven" in my life? In the lives of those that I trust and have learned from?
- Have I allowed Him to "prove" His word in my life with total trust or have I in some ways "short-circuited" these opportunities by leaning on my own understanding?
- How thankful am I for His "shield" and word? Do I thank Him often enough?
- What is my prayer today?

Day 3: MEDITATE ON: Psalm 56:3-4: *"When I am afraid, I put my trust in you. In God, whose word I praise — in God I trust and am not afraid. What can mere mortals do to me?" (NIV)*

- As I meditate on this verse, what jumps out at me first?
- What are some situations or circumstances that have the most potential to make me afraid?
- When I am afraid, where and to whom do I turn? Is God first or last or somewhere in the middle of my list?
- In Acts 16:16-40 Paul and Silas were wrongly beaten and thrown into a dungeon due to their commitment to the Lord (it's a story worth reading) – and yet, rather than trembling in fear or doubt, they were said to be praying and singing to the Lord at midnight! What does their example say to me? How likely would I be to follow their example if I were in their shoes?
- What is my prayer today?

Day 4: MEDITATE ON: Psalm 40:4: *"Oh, the joys of those who trust the LORD, who have no confidence in the proud or in those who worship idols.*" (NLT)

- As I meditate on this verse, what jumps out at me first?
- How much joy do I find myself experiencing as a result of my trust in the Lord?
- While I may not trust in what is traditionally thought to be an "idol," are there pursuits or objects that I am tempted to prioritize over the Lord? If so, what?
- Why would I ever pursue or put my confidence in such things over the Lord?
- What is my prayer today?

Day 5: MEDITATE ON: John 14:1: *"Do not let your hearts be troubled. You believe in God; believe also in me.*" (NIV)

- As I meditate on this verse, what jumps out at me first?
- Is there any distinction between my trust in God and my trust in Jesus?
- When Jesus tells me to believe in Him here, what do I feel He is wanting more of in me?
- What is the correlation between the inferred trust here and the "belief" Jesus references?
- What is my prayer today?

Day 6: MEDITATE ON: Daniel 6:23: *"The king was overjoyed and gave orders to lift Daniel out of the den. And when Daniel was lifted from the den, no wound was found on him, because he had trusted in his God.*" (NIV)

- As I meditate on this verse, what jumps out at me first?
- The story of Daniel in the lion's den (Daniel 6) is an amazing picture of trust – trust that led Daniel to faithfulness despite potentially grave consequences. Has my faithfulness to God ever been tested to the point that I faced the possibility of persecution? What did I do?
- God never promises that faithfulness to Him will be easy or pain free, so how and why can I trust Him in the face of possible hardship as Daniel did?
- What is my prayer today?

Day 7: MEDITATE ON: Joshua 1:9: *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."*

- As I meditate on this verse, what jumps out at me first?
- How does the instruction to "be strong and courageous" depend upon my trust in the Lord?
- How strong and courageous could I be on my own without the Lord?
- In times where I have tried to be strong and courageous in my own strength, how has that played out?
- How much confidence do I have that the Lord will be with me "wherever I go?"
- What is my prayer today?

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